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Naval Service Medical News (96-06)

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HEADLINE: 'Walking Blood Bank' Remains on Standby Aboard Ship  
USS EISENHOWER (NSMN) -- A medical emergency drill was recently called away aboard USS ENTERPRISE (CVN 65). In the scenario, an ENTERPRISE sailor had suffered a leg injury and was losing a lot of blood. He needed transfusions and needed them quickly. The only problem is that, underway, ENTERPRISE doesn't normally carry a great deal of blood.

"When we deploy, we'll only bring a few pints with us because it only stays good up to 45 days," said LCDR Thomas d'Amato, MC, ship's surgeon. "The blood we draw stays fresh for about 35 days."

In order to quickly get enough blood to deal with the simulated injury, the medical department called on its "walking blood bank" -- the crew, especially those with O Negative blood.

"O Negative is usually the first blood we call for because it is a universal blood type. It can be used to replace any other type without significant side effects," d'Amato said.

During the walking blood bank drill, crewmen with O Negative blood reported to the dental department office. When they got there, they didn't actually give blood, but were checked against a list of crew members' blood types maintained by the medical department. "The purpose of the drill," said d'Amato, "was to match up the people who showed up with the names on the list and add any new ones."

Story by JO2 Art Picard, USS ENTERPRISE

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HEADLINE: Navy Doc to Join MIR Space Station Crew  
JOHNSON SPACE CENTER, Houston, TX (NSMN) -- When the fifth

scheduled Shuttle mission to dock with Russia's Space Station MIR gets underway in December 1996, CAPT Jerry M. Linenger, MC, will be among the military officers aboard the Space Shuttle Atlantis.

The mission, commanded by Navy CAPT Michael A. Baker, will dock with MIR to deliver supplies and pick up U.S. Astronaut John E. Blaha. Linenger, who will be on his second Shuttle mission, will take Blaha's place among the crew of the MIR Space Station. Linenger will spend five months aboard the orbiting laboratory. While aboard, he and one of his Russian cosmonaut crewmates will conduct a spacewalk.

Linenger, who was born in Michigan, considers both Eastpointe, MI, and Coronado, CA, his hometown. A U.S. Naval Academy graduate, he earned his doctorate in medicine from Wayne State University in 1981. He is a member of the U.S. Navy Flight Surgeons Association, the Aerospace Medicine Association, the Society of U.S. Navy Preventive Medicine Officers and the American College of Sports Medicine, to name just a few. He was selected for the astronaut program in August 1992 and flew aboard Discovery in September 1994.

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HEADLINE: SOY Corpsmen Now Vying for Marine Forces Pacific SOY FMF Camp Pendleton, CA (NSMN) -- The Division Surgeon's Office of the Fleet Marine Force's First Marine Division, Camp Pendleton, recently announced Senior and Junior Sailors of the Year. The Senior Sailors of the Year will go on to be considered for selection as the Sailor of the Year for Marine Forces Pacific.

Congratulations to Sailors of the Year for:  
First Marine Division, Camp Pendleton

Senior: HM1(SW/FMF) William D. Suyat, 3rd Assault Amphibian Battalion

Junior: HM3(FMF) Ernesto H. Moseley, Headquarters Battalion  
First Force Service Support Group, Camp Pendleton

Senior: HM1(FMF) Charles E. Bilboe, 1st Landing Support Battalion

Junior: HM3(FMF) R. Santos, 1st Medical Battalion  
Third Marine Air Wing, El Toro, CA

Senior: HM2(FMF) Dennis A. Hernandez, Marine Air Group 11

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HEADLINE: Royal Navy Officer Joins Laboratory Staff at Groton NSMRL Groton, CT (NSMN) -- The staff at Naval Submarine Medical Research Laboratory (NSMRL) will soon be joined by Royal Navy Surgeon Commander Steve Ryder, who will be the first officer to serve in a newly established Royal Navy Medical Exchange Officer billet.

A trio of medical officers from the United Kingdom recently toured the research and training facilities to gain a better understanding of the operations in Groton. LCDR Corely Puckett, MSC, NSMRL's executive officer, explained that having a Royal Navy exchange officer at the lab will foster collaboration in submarine and diving research, improve communication and avoid duplication of effort.

"The submarine forces of the United States and Royal Navy face similar challenges in enhancing submariners' performance and addressing unique health concerns arising from the submarine's closed environment," said Puckett. "Both navies share many common research interests in the areas of submarine and diving medicine."

Ryder, who is a qualified submariner in the Royal Navy, is eager to begin working on topics of concern to both navies. "I'm very excited about the prospect," he said. "We've taken a rapid road through a range of issues and there is clearly a lot of commonality."

The decision to establish an exchange billet at NSMRL came as Naval Medical Research Institute (NMRI), Bethesda, MD, prepares for closure under BRAC (Base Realignment and Closure). NMRI has sponsored an exchange officer since the early 1970s.

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HEADLINE: Ship to Shore Valentine's Day Message

NMCL Long Beach, CA (NSMN) -- Naval Medical Clinic Long Beach had an unusual Valentine delivered yesterday from one of the ships in the yards here. The commanding officer of USS KINKAID (DD 965), CDR M.R. Mittleider, presented the following letter of appreciation to the staff of the clinic:

"I would like to personally express my appreciation for the outstanding support your clinic has provided while KINKAID has been stationed at Long Beach Naval Shipyard. Your medical clinic greatly assisted and enhanced the efforts of KINKAID's medical department by providing sickcall in the absence of my Medical Department representative and provided much needed assistance obtaining appointments on problems unable to be handled out of a barge sickcall.

"I would also like to extend my appreciation to the Lifestyles Promotion Department for their work with KINKAID sailors on Smoking Cessation, Diet Counseling, High Blood Pressure Workshops, The Great American Smokeout, and Stress Management. These programs will go a long way in the prevention of sickcall visits and improve the quality of life for my sailors and their families.

"Your contributions express the truest sense of 'Teamwork' and 'Professionalism.' Thank you all for a job 'Well Done.'"

In his remarks, Mittleider stated that the care he received at Naval Medical Clinic Long Beach was the finest he has seen in his 29-year Navy career. The fact that Mittleider personally came to the clinic to present the letter made the gesture much more meaningful and truly appreciated in the midst of our BRAC activities.

Story by CAPT Catherine A. Swan, NC, XO, Naval Medical Clinic

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HEADLINE: Students Get "Hands-On" Experience at Camp Pendleton

MCB Camp Pendleton, CA (NSMN) -- Aspiring doctors, nurses, journalist, computer analysts and lawyers visited Marine Corps Base Camp Pendleton to get some hands-on experience.

Ninety-three freshmen from Fallbrook Union High School

participated in a "school-to-career" project 6 February.

The project was aimed at giving 9th-grade students a chance to experience on-the-job exposure in career fields they may be interested in pursuing. Marines, Sailors and civilians showed students what's involved in the day-to-day aspects of their careers. Among the job sites visited was the naval hospital, base public affairs office and the air station.

Fallbrook and Camp Pendleton officials are working together to create a program that will help 9th graders as they begin to consider career options. In addition to providing courses appropriate to possible career choices, school officials wanted to give students exposure to actual job sites. They turned to Camp Pendleton because of the wide range of careers, both military and civilian, on base.

There are five other visits planned for March through May. Story from Marine Corps News Summary, MCNews 6-96

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#### HEADLINE: Naval School Gears for 21st Century

NSHS Portsmouth, VA (NSMN) -- With the turn of the century fast approaching, preparing for the future is a top priority for the commanding officer of the Naval School of Health Sciences in Portsmouth, VA.

"The leaders of tomorrow's Navy literally pass through our doors," said CAPT Charles Anderson, MSC, who assumed command of the school 30 September 1995. "We have to continue to develop our people and our programs well into the 21st century," he said. "We have to give them our best so they can give us their best."

NSHS training programs include 12 "C" schools for the advanced medical training of corps personnel, clinical training of Navy Nurse Corps anesthesia students, and coordination of the annual Surface Warfare Medical Officer Indoctrination Course.

Anderson stressed the importance of developing better prepared technicians rapidly enough to satisfy the demands of the modern Navy. "The influence we are going to have in the medical department of the future depends largely in keeping pace with the new technology and our ability to do our job, wherever it takes us."

In keeping pace with new technology and training methodology, Anderson pointed out the recent completion of the state-of-the-art video teletraining room at the school, which provides world-wide transmitting and receiving capabilities. With all the emphasis on high technology, however, it's important for care givers to "never lose the human touch," Anderson cautioned.

Story by HM1 Edgar Nem Singh, Naval School of Health Sciences

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#### HEADLINE: USNH Roosevelt Roads Dedicates 'Chapel of Care'

USNH Roosevelt Roads, PR (NSMN) -- Led by CDR Samuel Morgan, CHC, U.S. Naval Hospital Roosevelt Roads officially re-dedicated its new and improved "Chapel of Care" last month. The chosen name symbolizes the command religious program vision, which involves "taking care of the caregivers." This ceremony

represents a historic moment in the life of the U.S. Naval Hospital as the chapel is now much closer to patient care areas - - such as the Intensive Care, Same Day Surgery, Labor and Delivery units, and inpatient wards. Upon stepping foot aboard the hospital's second deck, patients and their families are now greeted by a beautiful stained glass representation of Moses with the Ten Commandments. The artwork was donated from the Naval Station's old Chapel on the Hill. A new laser-carved plaque was unveiled to replace a sign which pointed down to the chapel previously located in the hospital basement. Morgan had worked diligently for over a year to achieve his goal to "move God from the basement so people can witness The Light."

Story by LT P. Gehrmann, MSC, U.S. Naval Hospital Roosevelt Roads

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HEADLINE: Naval Hospital Takes Health Care to the Ski Slopes

BERKSHIRE EAST, Charlemont, MA (NSMN) -- A hardy and energetic contingent from Naval Hospital Groton, CT, braved frigid, icy conditions and enthusiastically represented Navy medicine at the Northeast Fleet Ski Challenge held 2-4 February at the Berkshire East ski area. Team NavHosp Groton consisted of 13 staff members, family and friends, who surged to a second place finish in the Innertube Slalom race on the stomachs of LT Tom Kennedy, HM1 Andy Bair and HN John Richman, and a fifth place finish in the Giant Slalom. The hospital's executive officer and his wife took "last" and second place, respectively, in the beginner competition on a very tight and hazardous course. HN John Richman was recognized with an award for "most spectacular fall" during the Giant Slalom competition. Despite the fun, a few of the 180 Sailors did receive minor bumps, bruises and scrapes during the competition. Fortunately for them, LCDR Lydia Mack, NC; LT Belle Schmidt, NC; LTjg Chris Krupansky, NC; Bair, an IDC; and Richman were standing by to assist to ensure a safe and fun weekend.

Story by LT Robert K. Lee, MSC, Naval Hospital Groton

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HEADLINE: Naval Hospital Awarded SECNAV Letter Of Commendation

NAVHOSP Twentynine Palms, CA (NSMN) -- Naval Hospital Twentynine Palms recently received recognition from the Secretary of the Navy for a very busy and successful period in its recent history.

In a special ceremony conducted by the Commanding General of Marine Corps Air Ground Combat Center, Twentynine Palms, MajGen L.M. Palm, USMC, the hospital was presented with a Letter of Commendation from the Honorable John H. Dalton, Secretary of the Navy, which reads: "For meritorious service from 1 January 1993 to 31 December 1994. During this period, the personnel of Naval Hospital, Twentynine Palms, California provided accessible, high quality, continuous health care to its beneficiary population, while meeting multiple management challenges in rapid succession. These significant challenges included moving inpatient and outpatient health care delivery operations from an antiquated facility to a new hospital; preparing for and passing a Navy

Inspector General survey; achieving the first time ever Joint Commission on the Accreditation of Healthcare Organizations (JCAHO) Report with a score of 96/100; preparing for and passing a Navy Occupational Safety and Health inspection with a score of 90 percent; seeking out and attaining College of American Pathology accreditation for the Hospital's laboratory; obtaining American College of Radiology Mammography certification; and implementing a pervasive Total Quality Leadership Program. The superior record of Naval Hospital, Twentynine Palms, California attests to their tremendous team spirit in supporting the Navy's mission. By their unrelenting determination, perseverance, and steadfast devotion to duty, the officers, enlisted personnel, and civilian employees of Naval Hospital, Twentynine Palms, California reflected credit upon themselves and upheld the highest traditions of the United States Naval Service."

In his comments during the presentation at the ceremony, Palm stated the hospital is a bright spot at the Combat Center.

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#### HEADLINE: Photographer of the Year Competition Announced

CNO Washington (NSMN) -- Entries are needed for the 1995 Military Photographer of the Year competition. The American Forces Information Service officially sponsors the competition, with assistance from the National Press Photographers' Association.

Competition is open to enlisted photographers, journalists and photojournalists on active duty, in the Reserves, U.S. Coast Guard and National Guard. Members who leave the service during the year may compete as long as the photography submitted was completed in its entirety while the entrant was on active duty or in a Reserve or National Guard status.

All entries except sports and pictorial must be produced for military photographic documentation purposes and must have been taken during the contest year.

The 1995 Military Photographer of the Year competition is divided into two divisions: still picture and motion media. Still categories: combat camera, picture story, news, feature, portrait/personality, illustrative photography, pictorial, sports, portfolio -- military photographer of the year.

Motion media categories: combat camera, uncontrolled action, controlled action, editing, post-production editing, portfolio -- military videographer of the year.

All entries must have been made between 1 January 1995 and 31 December 1995. Entry packages must be received no later than 26 February 1996.

All entries except those in the still categories of sports and pictorial must depict or relate to an aspect of military life and/or activities. Each entry must have an entry identification label taped to the back. No written or printed information may appear on the front of entries in the still media categories. All non-winning entries will be returned to the applicants.

The winning photographs will be placed on exhibit in the Pentagon display area of the Office of the Assistant to the Secretary of Defense for Public Affairs for one year and then

become the property of DOD.

Ship all packages to Chief of Naval Operations (N09C4),  
Attn: LTJG Jeff Elliott, 2701 S. Capitol St. SW, Bldg 168 Naval  
Station Anacostia, Washington, DC 20373-5819.

For additional information, call Elliott at the Naval Media  
Center -- DSN 288-3787, (202) 433-3787.

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HEADLINE: TRICARE Questions and Answers

BUMED Washington (NSMN) -- As TRICARE comes on line across  
the country, beginning last year and expected to be available  
throughout the United States by May 1997, questions about this  
Department of Defense managed health care program come up. Each  
week, the Naval Service Medical News will include "TRICARE  
Questions and Answers" to answer them.

Q: Will Independent Duty Corpsmen (IDCs) be allowed to see  
non-active duty patients?

A: There are no new prohibitions under TRICARE as to the  
use of IDCs as physician extenders. If present policy allows IDCs  
to see non active duty patients they may continue to do so as  
members of a health care team.

Q: I am Medicare eligible. How will I receive care? Can I  
still receive care in the MTF?

A: Medicare beneficiaries are not eligible to enroll in  
TRICARE Prime at this time. This is due to laws that prohibit  
the transfer of Medicare funds to the TRICARE system. Although  
Congressional representatives have proposed a change in the law  
to allow "subvention" of funds from one system to the other, the  
change failed to pass in the last Congress.

Until Medicare subvention is passed, military retirees who  
are Medicare eligible will continue to receive care in MTFs on a  
space available basis or may use the health care finder to access  
TRICARE providers who accept Medicare assignment. Most  
physicians who elect to join the contractor's network will be  
Medicare participating providers.

In base realignment and closure areas (BRAC), Medicare  
eligible military retirees are authorized to participate in the  
mail order and retail pharmacy programs provided by the regional  
Managed Care Support Contractor.

If you have questions about TRICARE you'd like answered in  
this column, please contact the editor (see last paragraph on  
ways to do so).

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HEADLINE: HEALTHWATCH: Sports Medicine -- 'Shoulder Instability'

NAVHOSP Jacksonville, FL (NSMN) -- Shoulder instability is  
often an under-diagnosed condition. Who gets shoulder  
instability? How and why does it happen? What can be done to  
correct it?

Who gets it? There are two main types of "looseness" of the shoulder. In one type, the patient is born that way -- he or she can attribute this to genetics of loose joints and capsules. The second type is caused by trauma. This trauma can be one "blowout" injury or a series of repetitive "micro" injuries. The overhead athlete such as the pitcher, quarterback, swimmer, tennis player or even weight-trainer is a prime candidate for this problem.

How and why does it happen? Let's talk about the traumatic, or second type of instability. The shoulder is a very shallow joint. Unlike the hip joint, the shoulder joint is not a true boney "ball and socket" arrangement. It is more like a "ball and saucer." The answer to "what keeps the ball in the saucer?" is also the answer to the cause of shoulder instability.

The shoulder stays in joint primarily from muscles, ligaments and capsular suction-cup action. If these tissues are torn, strained, unbalanced or not working properly, you can see how they can pull the ball off the saucer/socket.

What can be done to correct it? One answer is not to do any overhead activities, which is not likely to happen. The best solution is to strengthen and work on your rotator cuff and scapular (shoulder blade) muscles. These exercises can be explained by the physical therapy or orthopaedic departments. If after an adequate period of time the exercises don't work, and you are still dislocating or subluxing (moving partially out of position at the joint), you may be a candidate for surgical correction. The surgery addresses and corrects the problematic or deficient soft tissue. This is usually a tightening procedure to reef up loose boggy tissue. There are several popular ways to do this, via open or arthroscopic surgery.

Even after surgical repair, you need to be on a long, dedicated exercise program to prevent re-dislocation.

In conclusion, don't abandon that tennis game, just maximize your shoulder stability.

Story by LCDR Michael Michalski, MC, Naval Hospital Jacksonville, Orthopaedic Surgeon

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3. Professional Notes: Information on upcoming symposiums, conferences or courses of interest to Navy Medical Department personnel and wrap-ups on ones attended. Anyone with information to share in this section should contact the editor (see the last paragraph of this message on ways to do so).

The following meetings were recently announced:

-- 10-14 March, 1996 American College of Healthcare Executives (ACHE) Congress on Healthcare Management and 62nd Convocation ceremony, Hyatt Regency, Chicago. For information call (312) 424-2800.

-- 15-18 April, the 1996 Commander In Chief, U.S. Atlantic Fleet, Surgeons Conference, with 18 April designated for Fleet/Force Medical Officers/Senior Medical Enlisted representatives; for other attendees -- RLCs, TYCOMM medical officers and medical treatment facility COs -- the conference will adjourn 17 April. Conference to be held at the Norfolk



Airport Hilton Hotel, Norfolk, VA. For information, contact  
HMCM(SS) Raney, DSN 564-6160, (804)444-6160.

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